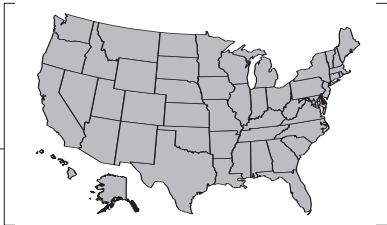


The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005



Delaware

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	14.8
Age 10-11	21.9	16.0
Age 12-14	14.4	16.9
Age 15-17	10.7	12.0
0-99% Federal poverty level	22.4	21.6
100-199% Federal poverty level	19.0	21.2
200-399% Federal poverty level	13.7	14.3
400% Federal poverty level or more	9.1	10.8
Male	18.1	18.6
Female	11.5	10.9
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	65.7
Age 10-11	78.2	73.1
Age 12-14	74.2	66.1
Age 15-17	63.3	60.5
Male	76.8	72.3
Female	65.6	59.0
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	58.0
Age 10-11	61.5	57.2
Age 12-14	61.6	57.9
Age 15-17	53.4	58.5
Male	62.1	62.1
Female	55.0	53.7
Percent of children with at least one parent who exercises regularly	72.9	71.7